

GROWING a small amount of POPPY SEED in an ETHNIC COMMUNITY for ETHNIC RECIPES



On left: a “flower” poppy &
On right: a poppy for use in recipes



We’ve seen white, red & pink blossoms ---
Poppyseeds used in recipes do “NOT” have any
“windows” near top of stalk



Poppy Seed growing requires well-drained soil

Poppy Seed may be planted in the fall to sprout in the Spring OR it can be planted in Early Spring

Poppy Seed likes 55 degrees Fahrenheit weather to grow in – takes 15 days @ this temperature to sprout

Every family has *that* recipe that is handed down through the generations and is enjoyed every year with the same enthusiasm as the previous hundred years. Bobalki is *that* recipe for the Philip Kotrba family.



SLOVAK BOBALKI are Slovak baked balls of dough
It's a CHRISTMAS EVE TRADITION – (also spelled *bobalky*, *babalki*, *babalky*)

Our family uses frozen sweet bread dough (Rhodes) instead of making our own dough.

INSTRUCTIONS for frozen sweet bread dough

- Allow at least one loaf of dough to thaw
- Form dough into a rope and cut into 1-inch size pieces - place on cookie sheet (pieces should not touch)
- Cover with a dish towel & let rise for 15 minutes
- Heat oven to 375 F
- Bake 15 to 20 minutes or until lightly browned - Cool completely

INGREDIENTS for the Filling

- 1 cup dry poppy seeds = about 2 cups ground poppy seeds
- 1 cup sugar (or to your taste)
- Water (boiled)

Instructions to Assemble

- In a saucepan, on med heat, stir ground poppy seed while adding sugar until you like the taste - set aside.
- Make sure the bobalki pieces are cool & place them in a colander.
- Pour just enough boiling water over bobalki to soften them but not turn them into mush. Drain well.
- Pour poppy seed mixture over the moistened dough balls & stir lightly
- Pour into a serving bowl & cool in fridge
- Optional – some people like to pour honey over their serving before eating

An Unusual Slovak Tradition “from the web” – “Get Permission” to try

One of the traditions of Christmas Eve dinner was practiced in many areas of Slovakia and the Ukraine. As Christmas Eve dinner begins the father takes a spoon full of Bobalky & throws it up on the ceiling. The more of the mixture that sticks to the ceiling, the bigger shall the crops be the following season. It does add quite a bit of excitement to your Christmas Eve dinner, but it does raise an additional question: “Who would give such permission?” 😊